

What is claimed is:

1. A food product selected from the group consisting of a cake, a cake batter, a muffin, a muffin batter, a brownie, a brownie batter, a bread, a bread dough, a cookie, and a cookie dough, wherein the food product comprises diacylglycerol oil.
2. The food product of claim 1, wherein the diacylglycerol oil is used in place of all of at least one of a triacylglycerol oil and a triacylglycerol fat.
3. The food product of claim 1, wherein the diacylglycerol oil comprises from about 40% to 100% by weight 1,3-diglycerides.
4. The food product of claim 3, wherein the diacylglycerol oil comprises at least about 45% by weight 1,3-diglycerides.
5. The food product of claim 4, wherein the diacylglycerol oil comprises at least about 50% by weight 1,3-diglycerides.
6. The food product of claim 3, wherein the fatty acid component of the 1,3-diglycerides comprises from about 50% to 100% by weight unsaturated fatty acids.
7. The food product of claim 6, wherein the fatty acid component of the 1,3-diglycerides comprises at least about 93% by weight unsaturated fatty acids.
8. The food product of claim 7, wherein the fatty acid component of the 1,3-diglycerides comprises at least about 95% by weight unsaturated fatty acids.
9. The food product of claim 1, wherein diacylglycerol oil and triacylglycerol oil/fat are present in a ratio of from about 1:100 to 100:0 diacylglycerol oil to triacylglycerol oil/fat.
10. The food product of claim 1, wherein the food product is selected from the group consisting of a cookie and a cookie dough.
11. The food product of claim 10, further comprising a crumb softener.

12. The food product of claim 11, wherein the crumb softener is selected from the group consisting of high fructose corn syrup, deoiled lecithin, a polyglycerol ester, and sodium stearoyl lactylate.

13. The food product of claim 11, wherein the crumb softener is sodium stearoyl lactylate.

14. The food product of claim 13, comprising about 1% by weight sodium stearoyl lactylate.

15. The food product of claim 10, wherein the food product is a cookie dough comprising flour having protein content greater than about 8% by weight.

16. The food product of claim 10, wherein the food product is a cookie made from a cookie dough having protein content greater than about 8% by weight.

17. The food product of claim 1, wherein the food product is selected from the group consisting of a cake and a cake batter.

18. The food product of claim 1, wherein the food product is selected from the group consisting of a muffin and a muffin batter.

19. The food product of claim 1, wherein the food product is selected from the group consisting of a brownie and a brownie batter.

20. A food product selected from the group consisting of a cake, a cake batter, a muffin, a muffin batter, a brownie, a brownie batter, a bread, a bread dough, a cookie, and a cookie dough, wherein the food product comprises an oil-in-water emulsion comprising diacylglycerol oil.

21. The food product of claim 20, wherein diacylglycerol oil is used in the oil-in-water emulsion in place of some or all of at least one of a triacylglycerol oil and a triacylglycerol fat.

22. The food product of claim 21, wherein the oil-in-water emulsion further comprises an emulsifier.

23. The food product of claim 20, wherein the emulsifier is selected from the group consisting of standard lecithin, acetylated lecithin, hydroxylated lecithin, modified lecithin, sodium stearoyl lactate, and sodium stearoyl lactate in combination with at least one material selected from the group consisting of distilled monoglycerides, monodiglycerides, ethoxylated monoglycerides, monodiglycerides, polysorbates, polyglycerol esters, PGPR, sucrose esters, succinylated monoglycerides, acetylated monoglycerides, lactylated monoglycerides, sorbitan esters, DATEMs, soy protein isolate, soy protein concentrate, soy protein flour, whey protein isolate, whey protein concentrate, sodium caseinate, and calcium caseinate.

24. The food product of claim 22, wherein the emulsifier is standard lecithin.

25. The food product of claim 22, wherein the emulsifier is sodium stearoyl lactate.

26. The food product of claim 20, wherein the diacylglycerol oil comprises from about 40% to 100% by weight 1,3-diglycerides.

27. The food product of claim 20, wherein the diacylglycerol oil comprises at least about 45% by weight 1,3-diglycerides.

28. The food product of claim 20 wherein the diacylglycerol oil comprises at least about 50% by weight 1,3-diglycerides.

29. The food product of claim 26, wherein the fatty acid component of the 1,3-diglycerides comprises from about 50% to 100% by weight unsaturated fatty acids.

30. The food product of claim 26, wherein the fatty acid component of the 1,3-diglycerides comprises at least about 93% by weight unsaturated fatty acids.

31. The food product of claim 26, wherein the fatty acid component of the 1,3-diglycerides comprises at least about 95% by weight unsaturated fatty acids.

32. The food product of claim 22, wherein diacylglycerol oil and triacylglycerol oil/fat are present in a ratio of from about 1:100 to 100:0 diacylglycerol oil to triacylglycerol oil/fat.

33. A beverage comprising, by weight: about 0.1% to about 15% protein; about 1% to about 5% diacylglycerol oil; and about 10% to about 20% sweetener.

34. The beverage of claim 31, further comprising at least one of a thickening agent, a vitamin, and a flavoring.

35. A method for preparing a food product, the method comprising: preparing one of a dough and a batter comprising diacylglycerol oil.

36. The method of claim 35, further comprising: processing the one of the dough and batter into a finished food product.

37. The method of claim 35, wherein the food product is selected from the group consisting of a cake, a muffin, a brownie, a bread, and a cookie.

38. The method of claim 35, wherein the diacylglycerol oil is emulsified.

39. The method of claim 35 wherein the diacylglycerol oil comprises at least about 50% by weight 1,3-diglycerides.

40. The method of claim 35, wherein the fatty acid component of the 1,3-diglycerides comprises from about 50% to 100% by weight unsaturated fatty acids.

41. The method of claim 35, wherein the fatty acid component of the 1,3-diglycerides comprises at least about 95% by weight unsaturated fatty acids.

42. The method of claim 35, wherein diacylglycerol oil and triacylglycerol oil/fat are present in a ratio of from about 1:100 to 100:0 diacylglycerol oil to triacylglycerol oil/fat.

43. A food product prepared according to a method comprising: preparing one of a dough and a batter comprising diacylglycerol oil.

44. The food product of claim 43, wherein the method further comprises: processing the one of the dough and batter into a finished food product.

45. A method of improving health benefits of a fat/oil-containing food product selected from the group consisting of a cake, a cake batter, a muffin, a muffin batter, a brownie, a brownie batter, a bread, a bread dough, a cookie, and a cookie dough, comprising: preparing the food product with fat/oil comprising diacylglycerol oil.